

SPECIAL NOTE

When a function is finished, the oven carries out a cooling procedure. This is normal.

After this procedure the oven switches off automatically. The cooling procedure can be interrupted without any harm to the oven by opening the door.

DATA FOR TEST AND HEATING PERFORMANCE

In accordance with IEC 60705.

The International Electrotechnical Commission has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

Test	Amount	Approx. time	Power level	Container
12.3.1	1000 g	11 min	750 W	Pyrex 3.227
12.3.2	475 g	5 min	750 W	Pyrex 3.827
12.3.3	900 g	15 min	750 W	Pyrex 3.838
12.3.4	1100 g	28-30 min	Forced air 200 °C + 350 W	Pyrex 3.827
12.3.5	700 g	25 min	Forced air 200 °C + 90 W	Pyrex 3.827
12.3.6	1000 g	30-32 min	Forced air 225 °C + 350 W	Pyrex 3.827
13.3	500 g	2 min 12 sec	Jet defrost	

Instructions for use

AMW 545



Whirlpool

www.whirlpool.com



Whirlpool Sweden AB

INSTALLATION

PRIOR TO CONNECTING

Check that the voltage on the rating plate corresponds to the voltage **in your home**.

Do not remove the microwave inlet protection plates located on the side of the oven cavity wall. They prevent grease & food particles from entering the microwave inlet channels.

Ensure the oven cavity is empty before mounting.

Ensure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean the interior with a soft, damp cloth.

Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.

Follow the supplied separate mounting instructions when installing the appliance.

AFTER CONNECTING

The oven can be operated only if the oven door is firmly closed.

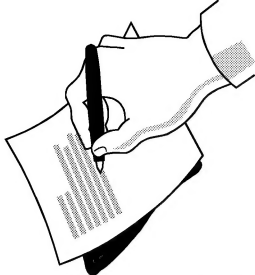
The earthing of this appliance is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.

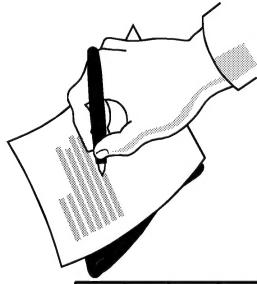
In the case of a permanent connection, the appliance should be installed by a qualified technician.

Important!

A permanent connection requires the installation of a separating device. The separating device must have an omnipolar contact opening of more than 3 mm including LS switches, safety valves and relays. The separating device must be connected directly to the terminal.

The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.





IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Do not heat, or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.

If material inside / outside the oven should ignite, keep oven door closed and turn the oven off. Disconnect the power cord or shut off power at the fuse or circuit breaker panel.

Do not over-cook food. Fire could result.

Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating food.

WARNING!

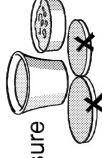
Only allow children to use the oven with adult supervision after adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

The appliance is not intended for use by young children or infirm persons without supervision. Young children should be supervised to ensure that they do not play with the appliance.

If your oven have a combination mode, children should only use the oven under adult supervision due to the temperatures generated.

WARNING!

Do not use your microwave oven for heating anything in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.



WARNING!

The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.

EGGS

Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.



PRECAUTIONS

GENERAL

This appliance is designed for domestic use only!

The appliance should not be operated without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.

If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

Do not use the cavity for any storage purposes.

Do not remove the microwave inlet protection plates located on the side of the oven cavity wall. They prevent grease & food particles from entering the microwave inlet channels.

Remove wire twist-ties from paper or plastic bags before placing bag in the oven.



DEEP-FRYING

Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.

Use hot pads or oven mitts to prevent burns, when touching containers, oven parts, and pan after cooking.



LIQUIDS

E.g. beverages or water in your microwave oven,

overheating the liquid beyond boiling point can occur

without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

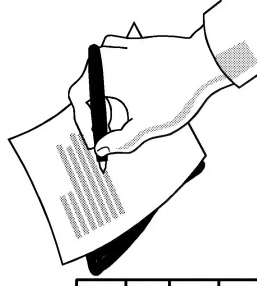
1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow standing for a short time, stirring again before carefully removing the container from the oven.



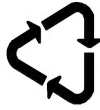
CAREFUL

Always refer to a microwave cookbook (not included) for details. Especially, if cooking or reheating food that contains alcohol.

After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided. Ensure the Lid and the Teat is removed before heating!

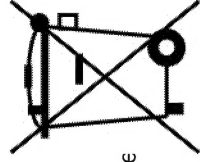


The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene etc.) out of the reach of children.



This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.

The symbol on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste.



Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.

Disposal must be carried

out in accordance with local environmental regulations for waste disposal.

For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.

GENERAL

There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.

Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.

When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the oven. **This is especially important with accessories made of metal or metal parts.**

If accessories containing metal comes in contact with the oven interior, while the oven is in operation, sparking can occur and the oven could be damaged.

Always ensure that the turntable is able to turn freely before starting the oven.

Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking.

TURNTABLE SUPPORT

Use the turntable support under the Glass turntable. Never put any other utensils on the turntable support.

- * Fit the turntable support in the oven.

GLASS TURNTABLE

Use the Glass turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

- * Place the Glass turntable on the turntable support.

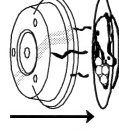
BAKING PLATE

Use the bakingplate when cooking in forced air only or when grilling. Never use it in combination with microwaves.

COVER

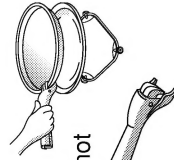
The Cover is used to cover food during cooking and reheating with microwaves only and helps to reduce spattering, retain food moisture as well as reducing the time needed.

Use the cover for two level reheating



ACCESSORIES

CRISP HANDLE



Use the supplied special

Crisp handle to remove the hot

Crisp plate from the oven.

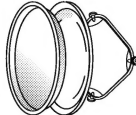
CRISP-PLATE



Place the food directly on the

Crisp-plate. Always use the

Glass turntable as support when using the Crisp-plate.



Do not place any utensils on

the Crisp-plate since it will

quickly become very hot and is

likely to cause damage to the utensil.

The Crisp-plate may be preheated before

use (max. 3 min). Always use the Crisp

function when preheating the crisp-plate.

WIRE RACK



Use the Wire rack when

cooking and baking with Forced

Air, Grill, Forced Air Combi, Auto

Forced Air Combi or Turbo Grill Combi.

When grilling without

microwaves, place the wire

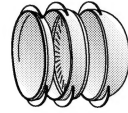
rack on the baking plate in

order to elevate the food closer to

the grill element in the ceiling.



STEAMER



Use the steamer with the

strainer in place for such foods

as fish, vegetables and potatoes.

Use the steamer without the

strainer in place for such foods

as rice, pasta and white beans.

Always place the steamer on the Glass Turntable.

TROUBLE SHOOTING GUIDE

Important:

If the mains cord needs replacing it should be replaced by the original mains cord, which is available via our service organization. The mains cord may only be replaced by a trained service technician.



WARNING!

Service only to be carried out by a

trained service technician. It is

hazardous for anyone other than

a trained person to carry out

any service or repair

operation, which involves the

removal of any cover, which

gives protection against

exposure to microwave energy.

Do not remove any cover.



If the oven does not work, do not make a service call until you have made the following checks:

- * The Turntable and turntable support is in place.

- * The Plug is properly inserted in the wall socket.

- * The Door is properly closed.

- * Check your Fuses and ensure that there is power available.

- * Check that the oven has ample ventilation.

- * Wait for ten minutes and then try to

operate the oven once more.

- * Open and then close the door before you try again.

- * During the operation of some functions, a symbol "L _ _ _ J" may be displayed.

This is normal and indicates that the oven

performs some calculations in order to

reach a good end result.

This is to avoid unnecessary calls for

which you will be charged.

When calling for Service, please give the

serial number and type number of the oven

(see Service label). Consult your warranty

booklet for further advice.

START PROTECTION / CHILD LOCK

This automatic safety function is

activated one minute after the oven has

returned to "stand by mode".

The door must be opened and closed

e.g. putting food into it, before the safety

lock is released. Else the display will show

"door".

MAINTENANCE & CLEANING

Cleaning is the only maintenance

normally required. It must be carried out with the microwave oven disconnected.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Do not use metal scouring

pads on the inside of the oven cavity. They will scratch the surface.



At regular intervals, especially if spillovers have occurred, remove the turntable, the turntable support and wipe the base of the oven clean.

This oven is designed to operate with the turntable in place.

Do not operate the microwave oven when the turntable has been removed for cleaning.

Use a mild detergent, water and a soft cloth to clean the interior surfaces, front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.

For stubborn stains, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the marks.

Adding some lemon juice to a cup of water, placing this on the turntable and boiling for a few minutes can eliminate odors inside the oven.

Abrasive cleansers, steel-wool pads, gritty wash cloths, etc. can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.

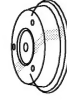
Do not spray directly on the oven.

DISHWASHER SAFE:

Turntable support.



Glass turntable.



Cover



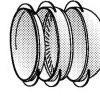
Crisp handle.



Wire rack.



Baking plate



Steamer

CAREFUL CLEANING:

The Crisp-plate should be cleaned in mild, detergent water. Heavily soiled areas can be cleaned with a scouring sponge and a mild cleanser.



Always let the crisp-plate cool off before cleaning.

Do not immerse or rinse with water while the crisp-plate is hot. Quick cooling may damage it.

Do not use steel-wool pads. This will scratch the surface.



PAUSE OR STOP COOKING

To pause cooking:

The cooking can be paused to check, turn or stir the food by opening the door. The setting will be maintained for 10 minutes.

If you don't want to continue cooking:

Remove the food, close the door and press the STOP button



To continue cooking:

Close the door and press the Start button *ONCE*. The cooking is resumed from where it was paused. Pressing the Start button *TWICE* will increase the time by 30 seconds.



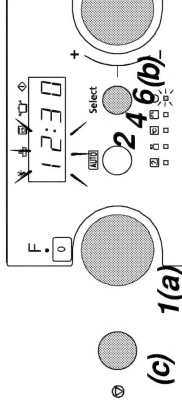
A beep will signal

once a minute for 10 minutes when the cooking is finished. Press the STOP button or open the door to cancel the signal.

Note: The oven will only hold the settings for 60 seconds if the door is opened and then closed after the cooking is finished.



CLOCK



Keep the door open while setting the Clock. This gives you 10 minutes to complete the setting of the Clock. Otherwise, each step must be accomplished within 60 seconds.

1(a). Turn the multifunction knob to the zero position.

2(b). Press the Select button (3 seconds) until the left-hand digit (hour's) flicker.

3. Turn the +/- knob to set the hours.

4. Press the Select button again. (The two right hand digits (minutes) flicker).

5. Turn the +/- knob to set the minutes.

6. Press the Select button again.

The Clock is set and in operation.

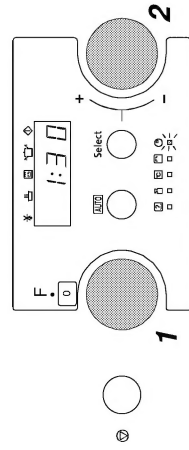
Note: When the appliance is first plugged in or after a power failure, the display is blank. If the clock is not set, the display will remain blank until the cooking time is set.

If you wish to remove the clock from the display once it has been set, follow steps (a) & (b) and press the Stop button (c).

To reinstate the clock, follow the above procedure.



KITCHEN TIMER



Use this function when you need a kitchen timer to measure exact time for various purposes such as cooking eggs, pasta or letting the dough rise before baking etc.

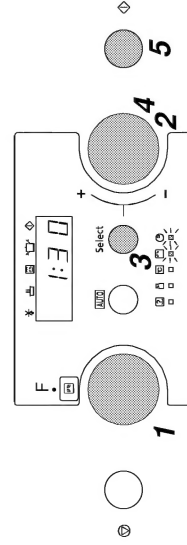
1. Turn the multifunction knob to the zero position.
2. Turn the +/- knob to set the time to measure.

The timer automatically starts the countdown after 1 second.

An acoustic signal will be heard when the timer has finished to count down.



COOK & REHEAT WITH MICROWAVES



Use this function for normal cooking and reheating, such as vegetables, fish, potatoes and meat.

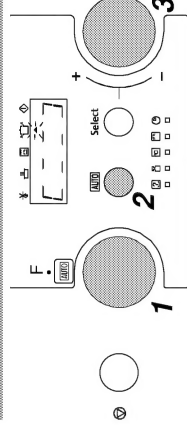


1. Turn the multifunction knob to the microwave position.
2. Turn the +/- knob to set the cooking time.
3. Press the Select button to select power level.
4. Turn the +/- knob to set the preferred power level.
5. Press the Start button.

Once the cooking process has been started:
The time can easily be increased in 30-second steps by pressing the Start button. Each press increases the time with 30 seconds. You may also alter the time by turning the +/- knob to increase or decrease the time.
By pressing the Select button you may switch between cooking time and power level. Both can be altered during cooking by turning the +/- knob after selection.

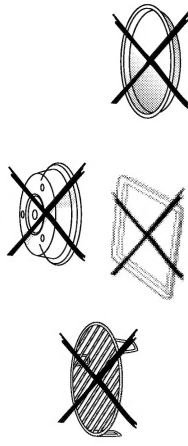


6TH SENSE STEAM

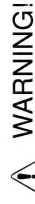


Use this function for such food as vegetables, fish, rice and pasta.
This function works in 2 steps.
* The first step quickly brings the food to boiling temperature.
* The second step automatically adjusts to simmering temperature in order to avoid over boiling.

1. Turn the multifunction knob to the Auto position.
2. Press the Auto button to select the desired auto function.
3. Turn the +/- knob to set the cooking time.
4. Press the Start button.



Do not use with this function.



WARNING!

The Steamer is designed to be used with microwaves only!
Never use it with any other function at all.
Using the steamer in any other function may cause damage.

Always ensure that the turntable is able to turn freely before starting the oven.
Always place the steamer on the Glass Turntable.

Cooking vegetables

Place the vegetables into the strainer. pour 50-100 ml water into the bottom part. Cover with the lid and set the time.

Soft vegetables such as broccoli and leek require 2-3 minutes cooking time.

Harder vegetables such as carrots and potatoes require 4-5 minutes cooking time.

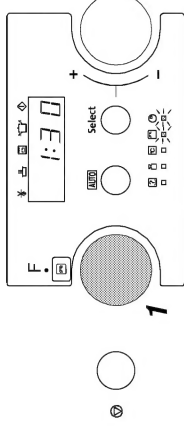
Cooking rice

Use the recommendations on the package regarding the cooking time, the amount of water & rice. Place the ingredients in the bottom part, cover with the lid and set the time.

RECOMMENDED WEIGHTS	
For food not listed in this table and if the weight is lesser or greater than recommended weight, you should follow the procedure for the manual Crisp function.	
	1 FRENCH FRIES (250g - 600g) Spread out the fries in an even layer on the crispplate. Sprinkle with salt if crispier fries are desired.
	2 PIZZA, thin crust (250g - 500g) For pizzas with thin crust.
	3 PAN PIZZA (300g - 800g) For pizzas with thick crust.
	4 CHICKEN WINGS (250g - 600g) Spread out the chicken wings in an even layer on the crispplate.
	5 FISH FINGERS (200g - 600g) Preheat the crispplate with a little butter or oil. Add the fish fingers when the oven stops and prompts you to "Add Food". Turn the fish when the oven beeps.



JET START



This function is used for quick reheating of food with a high water content such as; clear soups, coffee or tea.



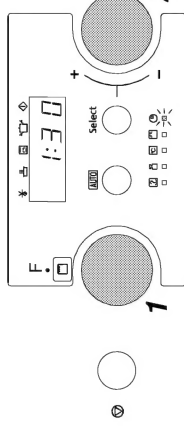
Do not use with this function.

1. Turn the multifunction knob to the microwave position.
2. Press the Start button.

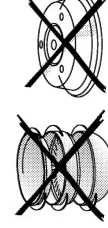
This function automatically starts with full microwave power level and the cooking time set to 30 seconds. Each additional press increases the time with 30 seconds. You may also alter the time by turning the +/- knob to increase or decrease the time after the function has started.



GRILL



Use this function to quickly give a pleasant brown surface to the food.



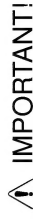
1. Turn the multifunction knob to the grill position.
2. Turn the +/- knob to set the cooking time.
3. Press the Start button.

Do not leave the oven door open for long periods when the Grill is in operation, as this will cause a drop in temperature.

Note: If the cooking time is set to more than 90 minutes, the display will show "CONT", I.E. the oven will run continuously without any time limit until you turn the oven off.

Do not use with this function.

For food like cheese, toast, steaks and sausages, place the wire grid on top of the baking plate.

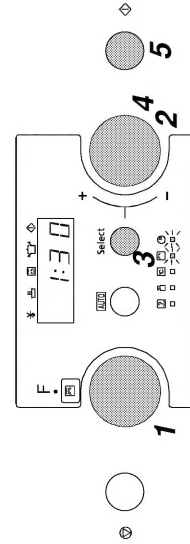


IMPORTANT!
Ensure that the utensils used are heat resistant and ovenproof before grilling with them.

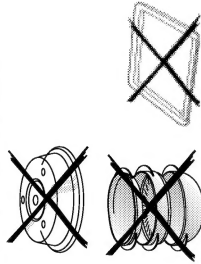
Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.



TURBO GRILL COMBI



Use this function to cook such food as Gratin's, Lasagne, Poultry and Baked potatoes.



1. Turn the multifunction knob to the Turbo Grill position.
2. Turn the +/- knob to set the power level.
3. Press the Select button to select cooking time.
4. Turn the +/- knob to set the cooking time.
5. Press the Start button.

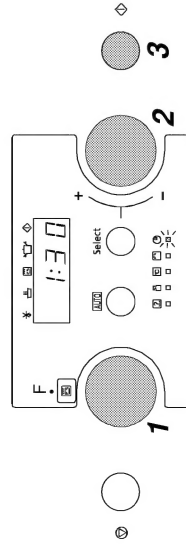
Do not use with this function.

The Max. possible microwave power level when using the Turbo Grill is limited to a factory-preset level.

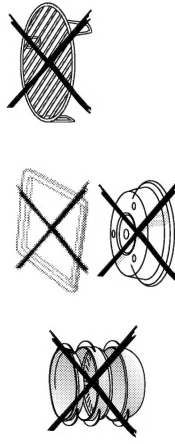
Place food on the wire rack or on the glass turntable when cooking with this function.



CRISP



Use this function to reheat and cook pizzas and other dough based food. It is also good for frying bacon and eggs, sausages, hamburgers etc.



1. Turn the multifunction knob to the crisp position.
2. Turn the +/- knob to set the cooking time.
3. Press the Start button.

The oven automatically works with

Microwaves and Grill in order to heat the Crisp-plate. This way the Crisp-plate will rapidly reach its working temperature and begin to brown and crisp the food.

Do not use with this function.

It is not possible to change or switch, the Power level or Grill, on/off, when using the Crisp function.

IMPORTANT!

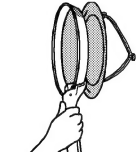
Ensure that the Crisp-plate is correctly placed in the middle of the Glass turntable. **The oven and the crisp-plate** become very hot when using this function.

Do not place the hot crisp-plate on any surface susceptible to heat.

Be careful, not to touch the ceiling beneath the Grill element.



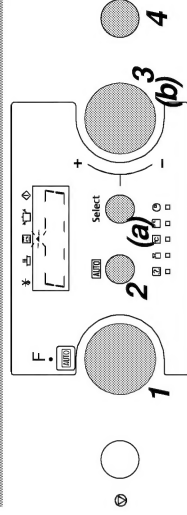
Use oven mittens or the special Crisp handle supplied when removing the hot Crisp-plate.



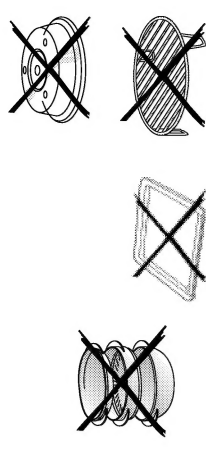
Only use the supplied Crisp plate with this function. Other available Crisp plate on the market will not give the correct result when using this function.



6th SENSE CRISP



Use this function to quickly reheat your food from frozen to serving temperature. This function is used only for frozen ready-made food.



1. Turn the multifunction knob to the Auto position.
2. Press the Auto button to select the desired auto function.
3. Turn the +/- knob to choose desired food class.

Do not use with this function.

Note:

The doneness can only be set or altered during the first 20 seconds of operation including when " [_ _ _] " is displayed.

The program should not be interrupted as long as " [_ _ _] " is displayed.

The Program can be interrupted when the time is displayed.

During the heating process the oven may stop (depending on program) and prompts you to "TURN" food.

- Open the door.
- Turn the food.
- Close the door and restart by pressing the Start button.

Note: the oven continues automatically after 1 min if the food hasn't been turned. The heating time will be longer in this case.

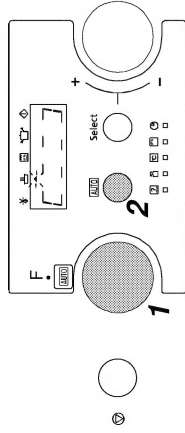
Only use the supplied Crisp plate with this function. Other available Crisp plates on the market will not give the correct result when using this function.



! IMPORTANT!

Do not place any containers or wrappings on the Crisp plate!

Only the food is to be placed on the Crisp plate.



Use this function when reheating readymade food either frozen, chilled or room tempered.
Place food onto a microwave-safe heatproof dinner plate or dish.

3

1. Turn the multifunction knob to the Auto position.
2. Press the Auto button to select the desired auto function.
3. Press the Start button.

Adjusting doneness

When using this function, you also have the possibility to personally control the end result through the Adjust **doneness** feature. This feature enables you to achieve higher or lower end temperature or longer and shorter time. The standard setting normally gives you the best result.

In case the food you heated became too warm to eat at once. You can easily adjust this before you use this function the next time.

This is done by selecting a Hi or Low level with the +/- knob.

Hi 1 2 + Increases the end temperature.

Lo 0 2 - Decreases the end temperature.

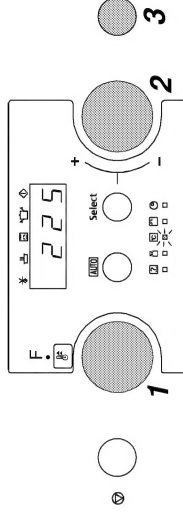
Note:

The doneness can only be set or altered during the first 20 seconds of operation including when "E - - - J" is displayed.

The program should not be interrupted as long as "E - - - J" is displayed.

The Program can be interrupted when the time is displayed.

When you are saving a meal in the refrigerator or "plating" a meal for reheating, arrange the thicker, denser food to the outside of the plate and the thinner or less dense food in the middle.



Use this function to preheat the empty oven. **Do not place food** before or during preheating in the oven. It will be burned from the intense heat.

3

1. Turn the multifunction knob to the Quick heat position.
2. Turn the +/- knob to set the temperature.
3. Press the Start button.

During the heating process

the digits flicker and PRE-HEAT is displayed at intervals until the set temperature is reached.

The oven then keeps the set temperature for 10 minutes before switching off. During this time, it is waiting for you to, insert food and choose a Forced Air function to begin cooking.

Preheating is always done with the oven empty.

Do not use with this function.

Place thin slices of meat on top of each other or interlace them.

Thicker slices such as meat loaf and sausages have to be placed close to each other.

Standing time

1-2 minutes standing time always improves the result, especially for frozen food.

Always use the supplied cover

with this function except when reheating chilled soups in which case the cover is not needed! If the food is packaged in such way that it isn't possible to use the cover, the package should be cut with 2-3 score to allow for excess pressure to escape during reheating.

Releasing pressure

Plastic foil should be scored or pricked with a fork, to relieve the pressure and to prevent bursting, as steam builds-up during cooking.

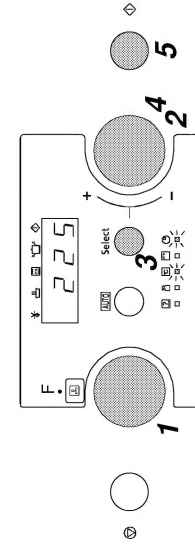
The net weight

shall be kept within **250 - 600 g** when using this function. If not you should consider using the manual function to obtain the best result.

Ensure the oven is at room temperature before using this function in order to obtain the best result.



FORCED AIR



Use this function to cook meringues, pastry, sponge cakes, soufflés, poultry and roast meats.



Do not use with this function.

Use the Wire rack to put food on to allow the air to circulate properly around the food.

Use the baking plate when baking small items like cookies or rolls.

During the heating process the digits flicker until the set temperature is reached.

Once the heating process has been started the temperature can easily be adjusted by turning the multifunction knob.

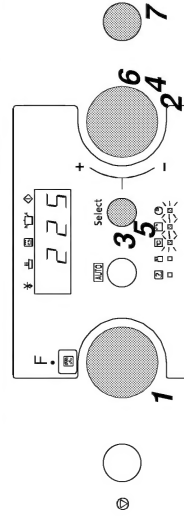
1. Turn the multifunction knob to the Forced Air position.
2. Turn the +/- knob to set the temperature.
3. Press the Select button to select cooking time.
4. Turn the +/- knob to set the cooking time.
5. Press the Start button.

The default setting when selecting Forced Air is 175°C

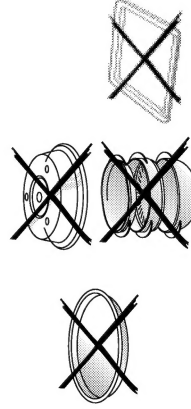
Note: If the cooking time is set to more than 90 minutes, the display will show "CONT", I.E. the oven will run continuously without any time limit until you turn the oven off.



FORCED AIR COMBI



Use this function to cook roast meats, poultry, and jacket potatoes, frozen convenience foods, sponge cakes, pastry, fish and puddings.



Do not use with this function.

During the heating process the digits flicker until the set temperature is reached.

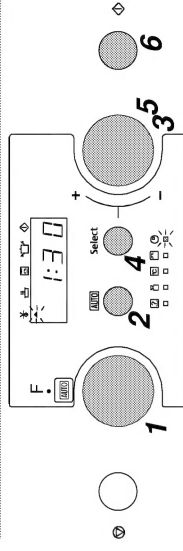
Once the heating process has been started the temperature can easily be adjusted by turning the multifunction knob. Also the microwave power level is possible to change. The Max. possible microwave power level when using the Forced air is limited to a factory-preset level.

1. Turn the multifunction knob to the Forced Air position.
2. Turn the +/- knob to set the temperature.
3. Press the Select button to select microwave power.
4. Turn the +/- knob to set the power level.
5. Press the Select button to select cooking time.
6. Turn the +/- knob to set the cooking time.
7. Press the Start button.

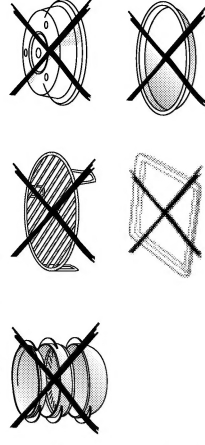
Use the Wire rack to put food on to allow the air to circulate properly around the food.



JET DEFROST



Use this function for defrosting Meat, Poultry, Fish, vegetables and bread.



Do not use with this function.

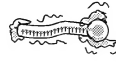
Always place the food on the glass turntable.

This function needs to know the net weight of the food. The oven will then automatically calculate the needed time to finish the defrost / cooking procedure.

Frozen foods:

If the food is warmer than deep-freeze temperature (-18°C), choose lower weight of the food.

If the food is colder than deep-freeze temperature (-18°C), choose higher weight of the food.



- Open the door.
- Turn the food.
- Close the door and restart by pressing the Start button.

Note: the oven continues automatically after 2min if the food hasn't been turned. The defrosting time will be longer in this case.

RECOMMENDED WEIGHTS

For food not listed in this table and if the weight is lesser or greater than recommended weight, you should follow the procedure for "Cook and reheat with microwaves" and choose 160 W when defrosting.

	1 MEAT (100g - 2Kg)	Minced meat, cutlets, steaks or roasts.
	2 POULTRY (100g - 3Kg)	Chicken whole, pieces or fillets.
	3 FISH (100g - 2Kg)	Whole steaks or fillets.
	4 VEGETABLES (100g - 2Kg)	Mixed vegetables, peas, broccoli etc.
	5 BREAD (100g - 2Kg)	Loaf, buns or rolls.